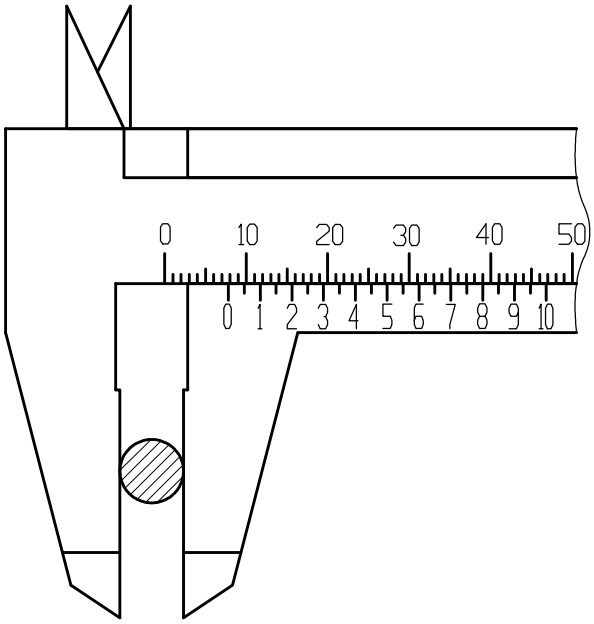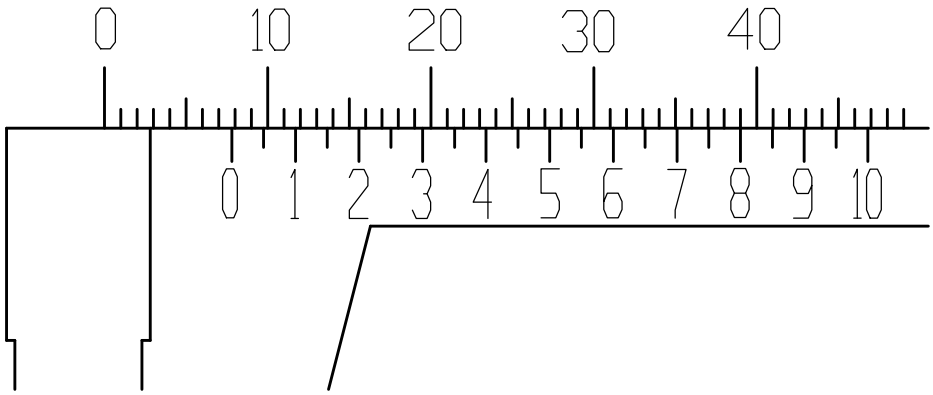Pied à coulisse